

BABY TIME FOR BLAKE LIVELY

RYAN REYNOLDS' WIFE WELCOMES A GIRL. PAGE 12



metro

NEW YORK CITY No. 1 FREE DAILY IN THE US

Wednesday, January 7, 2015 www.metro.us | t: MetroNewYork | f: MetroNewYork

**GREAT NEW PRICE.
SAME GREAT GYM.**

Come in for new low rates.

**FREE
3-DAY PASS**



**new york
sports clubs®**
MySportsClubs.com

Valid thru 1.31.15. Restrictions apply.



Bronx cop shooters nabbed in manhunt

PAGE 04

Why Ridgewood is the hot new nabe

PAGE 17

Make better resolutions that work for you

PAGE 19

Knicks finally get it right with trade

PAGE 21

Influenza onslaught

Health alert. A flu epidemic is sweeping the nation, with more people becoming ill and many being hospitalized. A weak vaccine is thwarting efforts to keep the disease at bay. PAGE 02

Ethan Medina, 11, receives a flu shot from nurse Hazel-Ann Belizaire at the CABS Health Center in Brooklyn. / BESS ADLER, METRO

Touro College: a world of possibilities

Get your undergraduate degree in **Business Management and Administration** at Touro College's New York School of Career and Applied Studies.

At NYSCAS we provide the support our students need to succeed, from the moment they enroll to the day they graduate.

And if graduate study is in your future, consider Touro's Graduate School of Business, which offers a Master of Business Administration (MBA) degree and Master of Science programs in Accounting, Human Resource Management, and International Business Finance.



NYSCAS
New York School of Career and Applied Studies
a division of TOURO COLLEGE

855.33.TOURO
(855.338.6876)

MANHATTAN, BROOKLYN, QUEENS
www.touro.edu/nyscas

apply **ONLINE** at apply.touro.edu

facebook.com/nyscasTouro

[@nyscasTouro](https://twitter.com/nyscasTouro)

Touro is an equal opportunity institution

Become a vital part
of the Business World
with a career in
**Accounting,
Finance,
Marketing,
Management,
or Information
Systems**



scan here

1 NEWS

Top 3

*The best
of
Metro.us*

1 'Recipe: This salad will get you out of your holiday food funk'

2 'Wondering who's presenting at the Golden Globes? Expect Ricky Gervais, and more'

3 'Video: You need to watch Bradley Cooper play air guitar on the "Tonight Show"'



On the go

Want to read Metro on your mobile device? Get the app! All you have to do is search for Metro US in the App Store or Google Play to get all the latest in news, sports, lifestyle and entertainment for free.

Flu hitting earlier, harder than 2014

Health. More severe and frequent cases of the flu are being seen in the city and across the U.S.

An influenza epidemic is sweeping the United States, with more cases and hospitalizations this year, and a less effective vaccine for the strain.

Flu is "widespread" in New York City, with cases in all five boroughs and 54 counties, the state health department says. Forty-three states have high or widespread outbreaks.

Flu-like symptoms accounted for nearly 6 percent of all doctor visits nationally in the last week of 2014, with higher hospitalization rates than this time last year, with 12.6 people per 100,000 being treated for the flu.

This year's predominant strain, H3N2, was prevalent in 2012-2013, but health professionals say their vaccines are only about 60 percent effective. Still, shots reduce the severity of flu symptoms.

So far, 21 children have died from the flu this season — one in New York City.

The state health department says as of Dec. 27, 3,922 confirmed cases were reported, up 90 percent in a week, with 972 patients admitted to the hospital.



A patient receives a flu shot at a Duane Reade drugstore in Manhattan on Tuesday. / BESS ADLER, METRO

Hotline

Location of flu shots, including free and low-cost options, are available by calling 311, texting "flu" to 877877 or at nyc.gov/flu.

There have been 7,826 confirmed flu cases in the state so far this year.

There is more than one flu strain and other viruses circulating in the city, but the health department recommends getting vaccinated as soon as possible and not waiting for a particular formulation.

"It doesn't work as well

as we'd like it to, but it helps people from getting serious complications," said Dr. Jane Zucker, New York City's chief of immunization.

People over 65, children under 5, and those with preexisting conditions are at a higher risk and should be vaccinated, Zucker said.

Shots are recommended for pregnant women, who pass the antibodies to their babies. Children under 5 who attend city pre-K and day cares must be vaccinated.

If you have flu symptoms, see a doctor, said Dr. Pedro Gonzalez of the Community Healthcare Network.



Visit **Metro.us** to read more about the flu and its prevention.

"Hand-wash, hand-wash, hand-wash," Gonzalez said. "Cover your mouth when you cough. Those type of measures are lifesavers."



WENDY JOAN BIDDLECOMBE
Wendy.Biddlecombe@metro.us

Cold weather. Arctic front moving in Wednesday, so bundle up tight

An arctic front will move through New York City on Wednesday, keeping temperatures around 20 degrees. A quickly moving snow shower is expected to pass through the area early in the day.

A wind chill advisory will be in effect Wednesday evening through Thursday morning for the Metro area, Long Island and southern Connecticut, said Joe Pollina, a meteorologist with

the National Weather Service. Temperatures will be in the single digits overnight, but wind chills will make it feel more like minus-10 to minus-15 degrees.

The National Weather Service said those who venture out should wear a hat and gloves to prevent hypothermia. Temperatures will stay in the lower 20s throughout the day on Thursday.

Garbage collection, al-

ternate side parking and ferry service remained in effect as of Tuesday evening. Snowplows will operate when more than 2 inches of snow accumulate.

Mayor Bill de Blasio is asking New Yorkers to check on their neighbors, especially the elderly and vulnerable, and report any loss of heat and hot water to building managers and 311. **WENDY JOAN BIDDLECOMBE**

Brooklyn

Street sign remembering Detectives Ramos and Liu to come down

A makeshift sign memorializing Detectives Rafael Ramos and Wenjian Liu at the intersection of Tompkins and Myrtle avenues, where they were shot and killed last month, is set to be taken down.

DNAinfo first reported Deputy Inspector John Chell of the 79th Precinct told members at a community board meeting, who were concerned about the sign going up without their input, that the improperly installed sign will be taken down.

Chell said the sign, which reads "Det. Ramos Det. Liu Fallen Officers Way," will be replaced by official signs remembering the fallen detectives.

Chell said a Manhattan resident put up the sign. **METRO**

Citywide

Schools to end cellphone ban

City schools are set to lift a ban on cellphones and other devices, the Daily News reported Tuesday.

The decades-old ban on electronic devices in schools will be lifted and replaced with policies that individual schools develop with teachers and administrators. Options include keeping phones and electronics in backpacks during the day, being able to use them in designated areas or during lunch and for educational purposes in classrooms.

Mayor Bill de Blasio said in September the prohibition on cellphones in schools needed to be reversed, and said his son, Dante, takes a phone with him to Brooklyn Technical High School. **METRO**



Cellphone / GETTY IMAGES



The weather outside, it's frightful, and it's going to get worse. / BESS ADLER, METRO



Time's running out for hardworking New Yorkers to get health insurance.

Go to **www.NYHealthfirst.org**

Still haven't picked a health insurance plan for you or your family? Healthfirst can help. We know how busy life can be for a hardworking New Yorker like you, and how confusing health insurance may seem.

Call us today. Let us answer your questions. We'll even come to you. Don't miss out on:

- New lower rates
- \$0 copays*
- Adult Vision Care**
- Adult Dental Care**
- Large network of doctors and specialists
- Financial assistance for those who qualify

Avoid paying a penalty for not having insurance

Select a Healthfirst plan by February 15!

Hurry, Open Enrollment ends February 15

Call 1.844.519.5775

Visit us at **www.NYHealthfirst.org**

TDD/TYY 1.888.542.3821



*No copays for recommended in-network preventive care services, including immunizations, routine exams, women's preventive health services, and prostate screening.

**You must enroll in a Healthfirst Platinum, Gold, Silver, or Bronze Leaf Premier Plan to have adult dental and adult vision benefits.

BE THE NEW YORKER WHO REALLY DOES KNOW IT ALL.

A LECTURE SERIES PRESENTED BY THE LAURA AND ISAAC PERLMUTTER CANCER CENTER.

Kidney Cancer Patient Education Workshop: Open to patients, survivors, and their families, our doctors and an array of experts will discuss surgical options, novel therapies, and first- and second-line therapies for advanced kidney cancer. *This workshop is presented in collaboration with the Kidney Cancer Association.*

Date: Saturday, January 10th, 9:00am – 3:00pm.

Presenters: William Huang, MD and other experts.

Location: NYU Langone Medical Center. Alumni Hall B. 550 First Avenue, at 31st Street.

Info: This lecture is free, but space is limited and on a first-come, first-served basis. RSVP at nyulmc.org/cancer-rsvp or 212.263.2266.



MADE FOR NEW YORK.

NYPD. Bronx cop shooter busted, may have shot his accomplice

An all-day manhunt ended Tuesday afternoon when police tracked down and arrested two robbers, charging one with the shooting of two cops in the Bronx on Monday night.

Cops tracked down Jason Polanco and Joshua Kemp hours after authorities say Polanco fired three shots at plainclothes cops, wounding two of the officers.

Officers Andrew Dossi, 30, and Aliro Pellerano, 38, were still recovering at St. Barnabas Hospital in the Bronx late Tuesday.

Chief of Detectives Robert Boyce told reporters that a third officer fired back at Polanco three times. Polanco was uninjured in the shootout.

The cops were ending their shift when they responded to a call that two masked men had held up a deli in Tremont. They arrived and saw Polanco and Kemp,



The suspect / PROVIDED

Quoted

“So, thank you very much. We had [Polanco] very quickly.”

Boyce

who fled the scene. Polanco hijacked a car and drove off. He crashed and ran off again.

Boyce said detectives pulled Polanco from a Bronx street on Tuesday afternoon after receiving 29 calls from the public

immediately after they released his picture. Ten of the callers identified Polanco by name.

Kemp, who police believe was accidentally shot by Polanco, was found at New York Presbyterian Hospital in Washington Heights.

Polanco has three prior arrests for criminal possession of a weapon. He was arrested and charged with five counts of attempted murder of a police officer, robbery and carjacking.

CHESTER JESUS SORIA

Varicose Veins GOT YOU DOWN?

FAST, NON-INVASIVE TREATMENTS FOR

Varicose Veins • Spider Veins
Facial Veins

New York City's Premier Vein Only Practice

DAVID M. GLASS, MD, FACS

Board Certified Vascular Surgeon
25 Years of Experience

Most of my patients say
“I wish I had done this sooner!”

Most Insurance Accepted!

1-718-996-4400

www.NewYorkVeinCenter.org

©COPYRIGHT 2013, NEWYORK VEIN CENTER ALL RIGHTS RESERVED
DOWNLOAD THE NYVC APP IN THE APPLE APP STORE



NEIGHBORHOOD GRANTS

Have a great idea for a
community improvement project?

Apply for a grant!



**CITIZENS
COMMITTEE
FOR NEW
YORK CITY**

Citizens Committee for New York City
awards grants of up to \$3,000 to
resident-led groups to work on community
and school improvement projects.

For more information:

www.citizensnyc.org

212-822-9563

grants@

citizensnyc.org

Applications
due

January 26

2015

Snorers, need a more attractive option?



We offer effective treatments beyond the CPAP mask.

If you've forgotten what it feels like to get a good night's sleep, due to snoring or sleep apnea, join the thousands of patients who have been successfully treated by our doctors.

At **eos sleep**, our physicians diagnose and treat the many causes of snoring and sleep apnea, and consider all of your options before recommending a treatment plan. Our in-office, minimally invasive treatments have proven to be a dream come true for many of our patients *and* their bed partners.

Most Insurance Plans Accepted.

For more information and to hear our patient testimonials, visit
eossleep.com

**Call 1.800.eossleep
800.367.7533**

eos sleep™

For the treatment of
snoring and sleep apnea

20 EAST 66TH STREET NYC • 262 CENTRAL PARK WEST NYC
589 BROADWAY NYC
833 NORTHERN BLVD GREAT NECK

Uber. Golfer killed by rideshare driver as he crossed the street

The SUV that killed a 27-year-old man in Manhattan's Upper East Side Saturday was driven by an Uber driver, officials confirmed Tuesday.

The Taxi and Limousine Commission said the driver, now identified as Aliou Diallo, was affiliated with the embattled startup's Schmecken base in Long Island City.

Cops said Diallo was behind the wheel when

he struck and killed Wesley Mensing of New Jersey, who was holding hands with girlfriend Erin Sauchelli, 30, as the pair crossed East 62nd Street on Saturday afternoon.

Diallo stayed at the scene and was issued a summons for operating a car without a driver's license.

The TLC suspended Diallo's license as the investigation continues. Uber also announced it



Wesley Mensing / LINKEDIN

had suspended Diallo from driving with the company.

CHESTER JESUS SORIA

Slowdown

City suspends five Uber dispatch bases

New York City suspended five of six bases operated by Uber.

The decision came after the popular e-hail startup declined to pro-

vide the city's Taxi and Limousine Commission with ridership data the city said Uber previously agreed to provide.

On Tuesday, Capital New York reported that a judge found Uber guilty of failing to comply with the agreement, tossing aside the startup's argu-

ments that it was an unprecedented request and would violate customers' privacy.

Despite the suspension of most of its bases, Uber is still allowed to operate in the city. Uber does not expect service to be interrupted.

CHESTER JESUS SORIA

FREE WORKSHOP
JAN 14 - JAN 24

HERE'S HOW YOU CAN BEAT THE ODDS & ACHIEVE FINANCIAL FREEDOM!

The crash of 2008 taught us that *your nest egg is not safe under somebody else's control.*

Two Things You Must Know To Beat The Odds

#1: Governments are printing absurd amounts of money to pay off their ever-increasing debt.

#2: Globalization is driving down wages in America. That means you will be working harder and getting paid less...with money that actually buys less!

Don't Panic - Get Prepared

There is a way out! You can STOP playing the game by the old rules and learn "The New Rules of Money!"

Your Solution To Today's Money Crisis

Take control of your financial future. Boost your Financial IQ at our **FREE Rich Dad Education® Workshop** based on the teachings and philosophies of entrepreneur, investor and author, **Robert Kiyosaki**.

This totally FREE Workshop will show you how to:

- Create New Streams of Income
- Build Your Investment Portfolio Using Creative Financing Options
- Find Hidden Investment Opportunities
- And Much More!

The Choice Is Yours: Paycheck-To-Paycheck Or Financially FREE?

Time is running out.

You owe it to yourself to attend this **Free** event.

To change your life, change your way of thinking. To change your way of thinking, discover the Secrets to Success!

We look forward to helping you. **You have nothing to lose and everything to gain.**

"In today's economy, knowledge is the new money!"
- Robert Kiyosaki

Robert Kiyosaki - Entrepreneur, Investor, Educator, and Author of the International Bestseller Rich Dad Poor Dad (Over 25 million copies sold)

Robert Kiyosaki will not attend this event

FREE GIFT

Receive a free copy of Rich Dad's eye-opening documentary **Shooting The Sacred Cows of Money DVD** just for attending this free financial workshop.



RESERVE YOUR SEAT TODAY!

For The Free Rich Dad Education Workshop Coming To
New York City and Surrounding Areas
From Jan 14 Through Jan 24

Call now or visit us online

1-888-243-2816
RichDadNewYorkCity.com



PLUS! A CHANCE TO WIN A FREE KINDLE™ FIRE HDX JUST FOR ATTENDING

LOW PROPERTY TAXES! EXPRESS COMMUTER BUSES (4 per hour) 90 mins to NYC!

Yes, you can own a brand new home for just **\$1,577 per mo.!***

IT'S THE SMART MOVE!

EVERY WEEK, MORE NEW YORKERS ARE DECIDING TO OWN, RATHER THAN RENT!

And just \$6,997 Down! Classic has the values! Call us now!

All Classic Mainline Homes include land, up to 4 bedrooms, 2½ baths, garage, living room, dining room, complete appliance package, Central Air and Heat, landscaping, and a host of features, including permitting, driveway and well -- all included in the purchase price!

THE COUNTRY HOME -- A Classic Mainline Home



now \$199,900

2,684 SQ. FT. • LARGE OPEN FOYER

\$6,997 DOWN PAYMENT

\$1,577* per month pays all including principal, interest, taxes and insurance!*

THE CAMBRIDGE -- A Classic Mainline Home



now \$293,500

3,047 SQ. FT. • Your Palace in the Poconos!

\$14,675 DOWN PAYMENT

\$2,112 per month pays all including principal, interest, taxes and insurance!*

Choose from Classic's Complete Line of Brand New Homes in the Poconos!

Buy a home now -- Get up to \$5,000 toward Closing Costs!

Call toll free

1-800-276-4000

Visit our all-new website:

www.classicqualityhomes.com

Or text: cqh to 411669 to get text updates about our Home Buying Incentive programs



**CLASSIC
QUALITY HOMES**

* Monthly payments based on FHA 30 yr. fixed interest rate of 4.5% with 5% APR with a finance cap of \$271,000. Lower rates may apply to qualified buyers. All numbers are estimated. Conventional mtgs. also available. Figures quoted above on Cambridge model based on conventional 30 year mtg.

Long Island

Alleged hedge fund killer may be tied to Long Island arson

Thomas Gilbert Jr., who was arrested on charges of murder Monday for the shooting death of his hedge fund manager father, may also be responsible for a Southampton arson



Thomas Gilbert Jr. / FACEBOOK

last fall.

The Daily News reported that in September, Gilbert was arrested on charges of violating an order of protection against a Sagaponack man.

Three days before his arrest, the home was set on fire and burned to the ground, and gas canisters and rags were found nearby.

Officials said Gilbert may be linked to the arson, but did not say if he was a suspect, or how he violated the order.

In an exclusive interview with the New York Post, Gilbert Jr.'s ex-girlfriend, Anna Rothschild, said he regularly griped that "his dad was hypercritical of him — he couldn't do anything right." **METRO**



PBA President Patrick Lynch / GETTY IMAGES

PBA: What slowdown?

Backtalk. PBA chief Pat Lynch says cops aren't slowing down enforcement despite statistics.

ranged man.

"Statistics sometimes have to take a backseat to safety," said Lynch.

Lynch's reference to statistics is at odds with two weeks of nosediving arrest numbers where police reported about 2,400 arrests compared to the almost 5,500 at the same time last year.

Union leaders argued on Tuesday that fewer arrests don't mean cops aren't still policing. Police Commissioner Bill Bratton on Monday said the department is watching for signs of a deliberate slowdown "very closely."

Capital New York reported that prior to the Liu and Ramos murders, Lynch suggested officers "use extreme discretion in every encounter."

After Liu and Ramos were shot, a memo widely reported to be circulated among PBA members directed that "absolutely NO enforcement action in the form of arrests and or summonses is to be taken unless absolutely necessary."



CHESTER SORIA
@chestersoria
chester.soria@metro.us

Compstat

NYPD statistics Dec. 28 through Jan. 4:

- 5,448 arrests in 2014
- 2,401 arrest in 2015

Other stats:

- 568 major felony arrests in 2014

- 472 major felony arrests in 2015

- 9,349 moving violations in 2014

- 749 moving violations in 2015

- No parking or Criminal Court summons issued



BEING A
PHYSICIAN OR
VETERINARIAN
IS YOUR
CALLING.
WE HEAR YOU.

Come to our information seminars to speak with alumni, one-on-one. Hear their stories. Then write yours.



JOIN US JAN. 15
ROSSU.EDU/NEWYORK



ROSS UNIVERSITY
SCHOOL OF MEDICINE



ROSS UNIVERSITY
SCHOOL OF VETERINARY MEDICINE



The information contained herein is for informational purposes only and does not constitute an offer of insurance. For more information, please visit our website at www.ross.edu. Ross University School of Medicine is an Equal Opportunity Institution. The Ross University School of Veterinary Medicine is an Equal Opportunity Institution. ©2015 Ross University School of Medicine. All rights reserved.

Turkey. Female suicide bomber hits police station in Istanbul



Police officers take security measures at the scene where a woman reportedly blew herself up at a patrol in Istanbul's main tourist area Sultanahmet. / GETTY IMAGES

A female suicide bomber blew herself up at a police station in Istanbul's historic Sultanahmet district on Tuesday, killing one officer and wounding another.

There was no immediate claim of responsibility; but the bombing comes less than a week after far-left group DHKP-C said it was behind a grenade attack on police near the prime minister's office in Istanbul.

Turkey also faces possible threat from Islamist militants moving across the border from Syria and Iraq and, despite a truce in a 30-year-old insurrection, from Kurdish rebels.

Police sealed off the street where Tuesday's attack happened, across the square from the Aya Sofya museum and the Blue Mosque and near the Basilica Cistern, which are among the main sites for millions of visitors to Istanbul each year.

Windows were shattered and shutters hung unhinged from the yellow, three-story tourist police station.

The woman entered the police station saying in English that she had lost her purse and

then blew herself up, Istanbul Governor Vasi Sahin told reporters at the scene. Her nationality and identity were unknown.

Prime Minister Ahmet Davutoglu said one of the officers had died. It was not immediately clear whether the bomber had links to any particular group.

The DHKP-C (Revolutionary People's Liberation Party-Front) had warned of further strikes after last Thursday's attack, in which a man carrying an automatic weapon was detained near the Ottoman-era Dolmabahce Palace.

The group was also behind a suicide bombing at the U.S. Embassy last year and numerous attacks on police stations. Most were in outlying Istanbul suburbs, apparent vendettas against particular police officers.

It said Thursday's attack was over the killing of a 15-year-old boy who died last March after nine months in a coma from a head wound sustained during an anti-government protest. It blamed President Tayyip Erdogan for the death. **REUTERS**

Quoted

"We were shaken by a very loud blast. There were customers and everyone dropped to the floor. ... A police officer came out of the station and fired into the air saying, 'Disperse, there is a suicide bomber, go inside.' Then we heard gunfire but we weren't sure who was shooting."

Kaan Koc, who works just across from the station, told broadcaster CNN Turk

Texas

Doctor killed in Army medical center shooting in El Paso: Media

A gunman shot and killed a doctor at an Army medical center in El Paso, Texas, and then apparently took his own life on Tuesday, the El Paso Times reported.

The paper said the information was based on

a preliminary investigation provided by officials.

Officials at the William Beaumont Army Medical Center in west Texas were not immediately available to comment but said they would soon hold a news conference.

The shooting was at a VA clinic next to the medical center, the paper said. Video from the scene showed numerous police



William Beaumont Army Medical Center / FACEBOOK

and emergency vehicles.

CBS Evening News, in a tweet, quoted a Pentagon official as saying the situation was now under

control.

El Paso police were also assisting in the incident at the medical facility, local media said. **REUTERS**

Manhattan Dental Arts

Meet The Dentists Who Teach The Dentists

Dr. Daniel Jacobson
Specializing in:
General Dentistry

Dr. Prita Baggal
Specializing in:
Gums & Implants

Dr. Marc Lechtman
Inventor of the
Snap-On Smile

Dr. Steven C. Goldberg
Inventor of the
DentalVibe

Dr. Eric Nussman
Specializing in:
Root Canals

Dr. Bernadette Sawa
Specializing in:
Complex Cases

(212) 95 - SMILE (212 - 957 - 6453)

Conveniently located in Lincoln Center & accepting most insurance plans
1995 Broadway (at 68th St), Suite 200, New York, NY 10023

FREE **Consultation with its Inventor**

Attention! Your New Years Resolutions Should Include the Healthy & Beautiful Smile you Deserve for 2015

New Patient Special
Cleaning, Exam, & X-Rays: \$99
No Insurance? No Problem!

No More Fear, Sedation Dentistry & DentalVibe Technology to the Rescue!

Ivy League Trained Dentists
Specializing in:
- Cosmetic, General, & Restorative Dentistry
- Implant, Root Canals, & Invisalign
www.ManhattanDentalArts.com

Happy Holidays

More objects found, but no black box

AirAsia jet. High waves and strong currents prevented divers from going deep into the sea.



Indonesia Sea and Coast Guard display recovered seats from the AirAsia Flight QZ8501 crash. / GETTY IMAGES

Search teams scouring the ocean for the wreckage of an AirAsia jet found two new metal objects on Tuesday, but nine days after the plane crashed officials say there is still no sign of the crucial black box flight recorders.

Indonesian officials believe they may have located the tail and parts of the fuselage of the Airbus A320-200 30 meters below the surface, but have been unable to properly investigate the debris so far.

Flight QZ8501 plunged into the water off Borneo island on Dec. 28, about 40 minutes into a two-hour flight from Indonesia's second-largest city of Surabaya

Bodies recovered

39

Two more bodies were also recovered from the sea, bringing the total found so far to 39.

to Singapore. There were no survivors among the 162 people onboard.

Jakarta has crackdown on its fast-growing aviation sector since the crash, reassigning some officials and tightening rules on preflight procedures in a country with a patchy repu-

tation for air safety.

"Divers were ready on the ship but the challenges were currents and waves," the head of Indonesia's search and rescue agency, Fransiskus Bambang Soelistyo, told a news conference in Jakarta on Tuesday.

He said a U.S. Navy ship located two more metal objects using sonar signals, though it is not known yet if they are part of the missing plane. Those would add to the five large objects, believed to have been part of the plane, detected so far.

REUTERS

CLASSES START JANUARY 13TH

WHAT'S YOUR NEW YEAR'S RESOLUTION?

JUMPSTART YOUR CAREER TRAINING IN THE NEW YEAR

ATTEND OUR OPEN HOUSE

SATURDAY, JANUARY 10TH 9:00AM-1:00PM

WE OFFER PROGRAMS IN:
 Personal Training • Clinical and Administrative Medical Assistant
 Massage Therapy • Surgical Technology
 Medical Billing and Coding • Nursing

Swedish Institute
 College of Health Sciences

Please visit our admissions office at
151 West 26th Street
1-888-530-9582
www.swedishinstitute.edu

Swedish Institute's programs are registered with and regulated by the New York State Education Department. Accredited by ACCETC. For important information on program costs, completion and placement rates, resident debt insured, etc., please visit <http://www.swedishinstitute.edu/disclosures>

Master of Science in Nonprofit Leadership

A Joint Program of Fordham's Graduate Schools of Business and Social Service

JOIN US FOR AN INFORMATION SESSION
 Tuesday, Jan. 13 • Wednesday, Jan. 21
 5:30 - 7:30 p.m.

Lincoln Center Campus | 113 W. 60th St. | New York City

Learn what the program offers:

- 12-Month Program
- Class Schedule Designed for Working Professionals
- Receive Ongoing Mentorship from a Nonprofit CEO

For more information and to RSVP:
fordham.edu/nonprofits | nonprofits@fordham.edu | 212-636-6676

FORDHAM

NYACK New York's Christian College

2 Washington Street, near Battery Park

- Accelerated Degree Completion Program
- Bachelors Degrees (38 majors)
- Alliance Theological Seminary
- MA in Mental Health Counseling
- MS in Organizational Leadership (finish in as little as 12 months)
- MBA (finish in as little as 16 months)
- MS in Childhood Education, Childhood Special Education TESOL

New Programs. New Opportunities.
New York's Christian College.

CALL TO SPEAK TO AN ADMISSIONS COUNSELOR
877-626-2236
 or visit us at: www.nyack.edu

VISIT US BY USING ANY OF THESE SUBWAY LINES:
 1 4 5 R

www.nyack.edu
www.facebook.com/nyackcollege

Dream big. Facing his fears leads New Yorker to new opportunities

SECOND SHIFT

Creative ways city dwellers make ends meet

EMILY LAURENCE

Contact us if you have a story to tell: emily.laurence@metro.us

Your primary job is as a business manager in advertising at a magazine. What exactly do you do?

I work with the advertising team to figure out ways to sell editorial content to their advertisers and figure out where we can place the ads in the magazine.

You are also a commentator for TMZ Live on the side and go to an acting class once a week. How did you get into performing?

I was always curious about acting but was never really comfortable performing. One day, my work sent out an email to my department asking people to do improv. It was like my worst fear coming true. But I took a chance and did it, and people said I was really good at it.

Does your acting class impact your day job?

No. The classes are Mondays from 7:15 p.m. to 9



Follow Gonzalez on Twitter at @TheyCallMeDaymz.
JOHNNY RODRIGUEZ

p.m., so I'm usually done work by then and have time to get there.

How did you get involved with TMZ Live?

I have a blog and when Joan Rivers died, I wrote about how much she meant to me. TMZ tweeted me asking if I wanted to come on TMZ Live to talk about it. I guess I did OK, because they continued to ask me to be a commentator.

And you owe it all to Joan Rivers.

She's very special to me.

THE NEW YORK BOTANICAL GARDEN

NY CLASSES BG FOR NATURE LOVERS

Learn Floral Design, Art, Gardening, & More.

Classes meet at NYBG in the Bronx and in Midtown (20 West 44th St.).

Register at
nybg.org/adulted



Bio

Damon Gonzalez

Age: 35
Residency: Brooklyn Heights
Lives: Alone
Number of jobs: 2



Diagnostic Medical Sonography CAREER TRAINING

CENTER FOR ULTRASOUND RESEARCH AND EDUCATION

CALL 1-855-THE CURE
www.cure.edu

WESTCHESTER COUNTY, NEW YORK

**DOWNLOAD
THE METRO.US APP**



Feet Hurt? Bunions? Hammertoes? Heel Pain?

Platelet Rich Plasma Therapy (PRP)

A new approach for treating Tendon Injuries for the Achilles, Tendonitis and Plantar Fasciitis (Heel and Arch Pain)

Take The Foot Health Checkup

- My toenails are streaked, discolored and thickened.
- The sides of my toenails dig into the skin and hurt.
- I have a large bump behind my big toe (or little toe) which is always red.
- I get an extremely painful "cramp" in the area of my third and fourth toes when wearing shoes.
- My toes aren't straight- they are all cocked-up, bent and hurt.
- I have painful calluses on the ball of my foot which keep building up.
- I have corns on my toes which get thick no matter what shoe size I wear.
- The bottom of my heel hurts all day, but it's worse when I step out of bed in the morning.
- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
- My feet are always dry and scaly - sometimes they itch.
- My feet just hurt all over when I stand or walk a lot.
- I have numbness, burning, infection, persistent pain, skin rash, or open sores.

**If any of these apply to you...
Call today.**

Patient is responsible for co-pays & deductibles

most insurance plans accepted
complete family foot care
laser surgery available

Downtown location

65 Broadway Suite 1103
Financial District
NYC, NY 10006
212-486-7333

Midtown location

121 E. 60th St.
New York City, NY
212-486-7333
Paul Drucker DPM
Jordan Drucker DPM

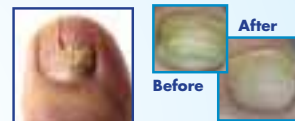
30 East 40th St.
(Grand Central Station)
Between Park and Madison Suite 401
(212) 486-7333

Relief For Chronic Heel Pain

Now Featuring **genesisplus™**

New FDA Laser Treatment For Nail Fungus, Scars & Warts

CUTERA



New Treatment For Heel Pain, Shockwave, PRP (platelet rich plasma) as seen on the front page of *The New York Times*

The Most Advanced Techniques Used For Bunions & Hammertoe Correction

Blake Lively became a mom last year, guys

Blake Lively certainly knows how to keep things under wraps. The former "Gossip Girl" star and husband Ryan Reynolds reportedly welcomed their first child in December, just before the New Year, but managed to keep mum about it until now. The baby girl, who is reportedly named Violet, arrived prematurely, but both Lively and the newborn are "healthy and doing well" now, sources tell Page Six.

And if previous reports are any indication, we know just how the new parents will be celebrating their arrival: "She's saying she wants to get pregnant really soon after she pops this baby out," a source told E! News back in October. And both Lively and Reynolds have made no secret about the fact that they want a big family. So maybe let's give them some privacy this week?

ALL PHOTOS GETTY IMAGES

Daily video

Teens react to "Mario Kart 64"

Want to feel old? There's nothing better for that than the teens on the React channel, regularly faced with items from before their time. Or sometimes not. This week, the teens are presented with the old "Mario Kart 64" for Nintendo's N64 gaming system, originally released in 1996 and the second release in the Mario Kart series. Maybe it's because



YOUTUBE, REACT

teens and video games are a natural fit, or maybe it's because Nintendo has successfully launched a Mario Kart game for nearly every one of its platforms, but the teens are actually totally into it, even if they're not as good at the game as they expected they'd be. Kids these days!

Katy Perry may liven up the Super Bowl with Taylor Swift dig

This might actually get me interested in the Super Bowl. Katy Perry is reportedly planning to work a reference to her ongoing feud with Taylor Swift into her halftime performance next month, according to Hollywood Life. "She wants to make a statement with her performance and show that she is the biggest female act in the world, and she wants to show that to everyone, including Taylor, who she has a feud with," a source says. "Katy will be doing



Maybe the dig will just be something like this?

something onstage during her performance that will be directed towards Taylor. She is working on it to be a visual or a lyric-related jab." Oh man, the possibilities! Will Perry make out with and dump Harry Styles on stage? Burn a photo of adorable kitty Olivia Benson in effigy? Or maybe pretend to be a country artist for the first few songs in her medley, then completely abandon the genre? We'll have to wait and see.

Russell Crowe has some words for older actresses

Russell Crowe sat down with Australia's Women's Weekly — why, I'm not sure — and used the opportunity to take a certain generation of actresses to task for not acting their age. "To be honest, I think you'll find that the woman who is saying that [the good roles for women have dried up is] the woman who at 40, 45, 48, still wants to play the ingenue, and can't understand why she's not being cast as the 21-year-old," he says. "If you are willing to live in your own skin, you can work as an actor. If you are trying to pretend that you're still the young buck when you're my age, it just doesn't work."

Now, before you get out your pitchforks, Crowe has some anecdotal evidence to back up his claims. "I have heard of an actress, part of her fee negotiation was getting the number of children she was supposed to have



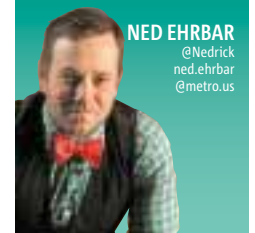
With "The Water Diviner" co-star Olga Kurylenko, who does not have to worry about the good roles drying up. Yet.

lessened," he says. "This [character] was a woman with four children, and there were reasons [for that] — mainly, she lived in a cold climate and there was nothing to do but fornicate all day — so quit

arguing, just play the role." Crowe insists he's given the same tough love to himself, saying, "You do have to be prepared to accept that there are stages in life. So I can't be the 'Gladiator' forever."

THE WORD

Ned Ehrbar takes on the world of gossip.



NED EHRLBAR
@Nedrick
ned.ehrbar
@metro.us

Twitter feed

Today, Mindy Kaling isn't afraid to try hard, Roseanne Barr is hung up on the Cosby situation, Patton Oswalt is not enjoying social media, Sarah Silverman is distracted and Billy Eichner is heartbroken.

@mindykaling: Effortless is overrated. 2015 is about being effortful. Way sexier

@therealroseanne: Why doesn't Bill #Cosby say he's innocent of charges? His wife considers him 2B th victim of a media lynching led by women of ill repute.

@pattonoswalt: (Everyone on) Twitter is broken.

@SarahKSilverman: There are a LOT of wigs on Celebrity Apprentice

@billyeichner: @CameronDiaz it should've been me



THE YEAR OF THE BOOTY

- Brazilian Butt Lift • Keloid Removal • Breast Augmentation • Nose Surgery
- Mommy Makeover • CoolSculpting • Tummy Tuck and more ...

888-571-9178

LEXINGTONPLASTICSURGEONS.COM



Tracey takes on the state of showbiz

Interview. British comedy pioneer Tracey Ullman says she'll be back in the TV game — once she figures out what she's allowed to make fun of.

Tracey Ullman has more than earned her place in television history after many successful shows — plus hosting the show that launched “The Simpsons.” It all leads to her having pretty strong feelings about the industry.

Do you think the U.S. co-opts a lot from British TV?
I mean, “Sanford and Son” was a British show, you know. “All in the Family” was a British show. People took the formats from England and made shows here, so there's always been a cross-cultural exchange.

Did you know the Screen Actors Guild has a diversity incentive where a female character counts as “diverse”?
Females over 35, I'd reckon.

No, any female roles.
Oh, wow. Well, of course. You hate to whine ... But you have to make your own way. That's why I wrote my own stuff. I never used to think about the guys and the girls when I was younger, but I see it a bit more now.



Tracey Ullman plays Daniel Huttleston's mother in “Into the Woods.” For more with Ullman, head to metro.us. / PETER MOUNTAIN



“I LOVE TV. FILMS KIND OF SIT THERE, THEY'RE NOT RIGHT. BUT WITH TV YOU GO, ‘OK, THIS WEEK'S EPISODE WAS CRAP. LET'S DO ANOTHER ONE.’”
FILMMAGIC

Moving forward

Have you thought about doing a new show like your others?

I mean, yeah, I've done that eclectic multicharacter thing. I'm getting older now, and you begin to think, God, what's funny? What can you say? It's tough. It's bleeding rough out there. [Adopts a news anchor voice] “Terrorism, cyber-terrorism threat, breaking news, blackened stool problems, are you allergic to this? Have you got a lawsuit? Did you take this drug in the last six months? You could die! Five things in your refrigerator that could you kill you!” It's like, good God, what can we laugh at? Don't say this, don't say that. But there's always something to laugh at.



NED EHRBAR
@Nedrick
ned.ehrbar@metro.us



92Y SCHOOL of the ARTS

Scones



in the **STUDIO**

FREE Open House

Sun, Jan 11, 1-3 pm

Join us for an afternoon of workshops and studio tours and a continental brunch. Try a free class in everything from drawing to ballet and hip-hop to karaoke unplugged!

R.S.V.P. at 92Y.org/Scones or 212.415.5500

92nd Street Y Lexington Avenue at 92nd Street
Conveniently located off the (4) 13, 42, 63, 66 or the (6) 42, 96, 98



Have you been noticing Memory Problems?

Many adults over age 65 experience memory issues. If you are able to continue your day-to-day life and usual activities, you may still feel that your memory has “slipped.” Mild memory loss can include:

- ☐ Forgetting things more often, such as appointments or plans
- ☐ Feeling less mentally sharp
- ☐ Losing your train of thought more easily

If you are 65 or older, you may be eligible for a medical food study for mild memory loss. For more information or a confidential, free screening, please call.

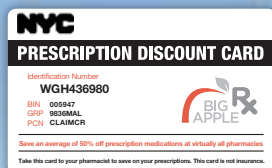
(212) 595-5012

The Medical Research Network, LLC

134 E. 93rd Street, New York, NY • www.MedicalResearchNetwork.com

VR02-1

Use the coupon below and you can
SAVE AN AVERAGE OF **50%**
off your prescriptions!



- Honored at more than 2,000 pharmacies in New York City.
- No fees and no expiration.
- Used by over 200,000 people.
- Everyone is eligible.

To receive your FREE permanent wallet savings card, visit
www.BigAppleRx.com or call toll-free: 1-888-454-7128 or 311

PRESCRIPTION DISCOUNT COUPON

REUSABLE • NON-EXPIRING

SAVE AN
AVERAGE OF

**50%
OFF**

most FDA-approved
prescription medications
not covered by insurance!



Identification Number **BIN** 005947
WGH436980 **GRP** 9836MAL
PCN CLAIMCR

How to claim your discount: This coupon is reusable. Show to your pharmacist when you fill a prescription. Any applicable savings will be deducted automatically. Save the coupon for future use.

Call toll-free 1-888-454-7128 or 311.

This coupon is not insurance.

TV watch list



'Empire'

It's "King Lear" by way of a record company: Terence Howard and Taraji P. Henson star in this show about a record mogul (Howard) who has to decide which of his three sons should inherit his company. **SERIES PREMIERE, 9 P.M., FOX**

Maybe Taraji P. Henson should run the record company? She looks like she knows what she's doing. / CHUCK HODES, FOX

AWARDS SHOW

People's Choice Awards

It's not the Oscars, but it might be funnier: Allison Janney and Anna Faris are hosting this show, which honors fan favorites, so the winners are sometimes different from the other awards shows. **9 P.M., CBS**

REALITY

'American Idol'

That old favorite, "American Idol," returns once again. Is this the season where all those "Voice" fans come back to watch? The proceedings get off to a country start with auditions in Nashville. **SEASON PREMIERE, 8 P.M., FOX**

COMEDY

'Modern Family'

The Dunphys are forced to confront their mortality after a scary incident, leading them all to make a bunch of "live life to the fullest" promises that they probably won't end up keeping. **9 P.M., ABC** LISA WEIDENFELD

Miss Jessie's
ORIGINAL



"It's my coily-kinky fave!"

www.missjessies.com



LIBI

LONG ISLAND BUSINESS INSTITUTE

The College for Career Education

Welcome To Your Future

GET THE CAREER YOU DESERVE. BECOME A GREAT PROFESSIONAL



Homeland Security & Security Management

Emergency Care Management
Health Administration & Technology

Business Management
Accounting
Office Technology & Medical Office

Hospitality Management

Community Interpreter

ASK ABOUT OUR **2+2** BACHELOR DEGREE TRANSFER OPTIONS

HS Graduate Scholarships
No Loan Necessary

Lifetime Job Placement Assistance

State & Federal Financial Aid Available To Those Who Qualify

APPLY NOW!

• Two Locations for your Convenience •

Manhattan Campus
212.226.7300

408 Broadway, New York, NY 10013

Queens Campus
718.939.5100

136-18 39th Avenue, Flushing, NY 11354

WWW.LIBI.EDU

REGISTERED COLLEGE IN NEW YORK STATE



Keep your better eating resolution with sushi

Don't get me wrong, I loved eating out and going to parties nonstop for the past month, but now the train has to stop. It's time to eat healthier and get back in shape. Sushi is the perfect way to start eating lighter without sacrificing taste and satisfaction. Yes, there are tons of sushi restaurants in NYC, but these are the gems that leave me dreaming about raw fish and sticky rice for days.

Amber

Five locations. This spot is tops for consistently fresh fish at reasonable prices, with rolls starting at \$5. I recommend the spicy tuna and avocado salad (\$8), which includes a huge helping of tuna, and if you want to splurge, try the dragon roll (\$17). The main dining room is modern and sleek and would impress a date or accommodate a group. From 5-7 p.m. at the bar during the week, you'll find \$9 cocktails.

Sushi Damo

330 W. 58th St. This is my favorite high-end sushi restaurant and conveniently located at Columbus Circle. Take advantage of happy hour for drinks at the bar Monday through Friday from 5-7 p.m. with \$5-\$7 wine and cocktails – go for the lychee martini. The specialty rolls are all priced above \$20, but they are glorious; try the passion and neo rolls.

Hane Sushi

346 First Ave., 581-B Third Ave. From the outside, it looks like any old sushi joint. Not. This Japanese-fusion spot has a large selection of delicious rolls and hot dishes, with reasonable prices across the board; rolls start at \$4, and specialty rolls start at \$11.95. I go for the spicy yellowtail roll.



Drink. Eat. \$ave. NYC.

MONICA DINATALE

Monica DiNatale is a bargains expert, food host and author of "365 Guide New York City," a treasure trove of restaurant deals and bar specials in NYC, available in paperback and e-book.



DOES YOUR OFFICE LOOK LIKE THIS? IT CAN WITH HOSPITALITY TRAINING FROM STAR!

With Our Hotel and Restaurant Management Program, You'll Train to Work in :

- Hotels • Restaurants
- Resorts • Convention Centers
- Cruise Ships and More!

Day/evening classes • Hands-on training • Financial aid (to those who qualify)



www.StarCareer.edu

GET STARTED TODAY!

Must have H.S. Diploma or GED

212-430-3675 Call Now!

Manhattan Campus - 154 W. 14th St.

Licensed by N.Y.S. Ed. Dept.; Accredited by ACCSC.

For more information about our graduation rates, the median debt of students who completed the program and other important information, please visit our website at www.starcareer.edu/consumerinfo.php



DON'T QUIT YOUR DAY JOB (YET)

Come to ICC's Culinary Entrepreneurship Open House! The once-a-year program teaches the essentials of launching and scaling a successful food business. Ask bartender-turned-business-mogul **Michael Chernow**, founder of The Meatball Shop restaurants and a graduate of ICC's program.

Joining the ranks of academic and industry experts teaching this 90-hour course in 2015 is **Babson College**, the #1 institution for entrepreneurship education as ranked by *U.S. News & World Report*.



Michael Chernow ('08 grad) recently opened his 6th Meatball Shop in NYC

Culinary Entrepreneurship Open House Monday, January 12

6:30-8:00pm

International Culinary Center

462 Broadway, Soho, New York City

Classes on nights & Saturdays beginning late January.
To RSVP, visit us at www.culinarycenter.com/openhouse
or call **888.324.2433**.



INTERNATIONAL
CULINARY CENTER



Must-have

Get cozy

"Throws are the underrated power player of any room," says Gorder. "They bring in color and texture and pattern. Her advice: It's all about layering these textiles. 'Hang it off your couch, on your chair, on your bed — I have three of them on my bed. I also roll them up and put them in big vessels by the fireplace,'" says the expert. "They take up small amounts of space but add huge impact."



"BOOKSHELVES ARE ONE OF THE MOST BEAUTIFUL SPACES IN OUR HOMES," SAYS GORDER, PHOTOGRAPHED HERE FOR HGTV MAGAZINE'S OCTOBER 2014 ISSUE.

ALL PHOTOS DAVID A. LAND, HGTV MAGAZINE

Revamp your home

Decorate.

Genevieve Gorder shows us the essentials for 2015.

Genevieve Gorder hit the real estate jackpot. After a decade in her New York City apartment, The HGTV host, who had outgrown the space, found out the unit next door came on the market.

"It's the New York dream," exclaims Gorder, who bought the neighboring apartment and spent 18 months combining the two spaces to create the perfect home for her and daughter, Bebel.

"The chapters of your life keep evolving and our home so rarely catches up to where we are," explains the interior designer. "It had been almost eight years since I renovated so it was time on many levels. I had had a child since I had renovated, I had a marriage, I had a divorce, I've had different jobs. I just wasn't the same woman that I was from when I first renovated."

For those of us who don't have a blank slate, but

still want to freshen things up for 2015, Gorder offers these tips.

Attack your shelves

"This is the perfect time to do a big purge," stresses Gorder. "We tend to collect and the collections become weighty and they become almost an energy suck to a lot of spaces, from your bookshelves to your closet." Her suggestion: Attack your bookshelves. "This is where you house, basically, what I think is the trophy case of your life," says the expert. Once you've passed on some of those old books — Lonely Planet guides, we're looking at you — start reconfiguring your collection. "Bring in new photography. Work with vertical and horizontal lines, so stack books on their ends and on their backs," says Gorder. This creates extra surfaces to add objects like a little vase or a picture frame. "You then create these little waves of pause and crazy within

your bookshelf which keeps them interesting and keeps you moving across them," she says.

Create a smart home

"A huge part of my job is helping people step into the idea of a smart home, which is, shockingly enough, one of the most affordable ways to update your place," says Gorder. "It starts with bringing all your security onto your tablets or onto your phone. You have everything at fingers reach. All your lighting can be in one switch on your phone, as well." But before you get plugged-in, Gorder stresses taking the time to understand the new gadgets and reading the manuals. "I find we often hate doing that, so we have all these incredible features and not really know how to connect them or have them talk to each other," she says. "Once you invest that initial couple of hours your house starts working for you. And that's a beautiful thing when you can turn off your security alarm from another state. Or I can set my thermostat on my phone so the house is warm when I get home."



TINA CHADHA
@TinaatMetro
tina.chadha@metro.us



Designer Genevieve Gorder, who works with Sanus, is a big proponent of TV mounts. "It gets televisions off their stands, which tip over so frequently and cause so many injuries," she says. "It's a really simple step to improve the entertainment center of your house." / MYRNA SUAREZ, SANUS

Add drama

While paint is obviously the most affordable and boldest change you can make, Gorder says in 2015, it's really about diving into different palettes. "Black and navy are going to be huge," says the designer, who painted her new living room black. "It's so dramatic. I love how everything pops off of black." Want to have more fun

with your walls? Gorder recommends Tempaper for renters. "It's a temporary wallpaper. You can cover your foyer in an hour and all of a sudden you have a completely different space," she says. "It's a really fun way to make your house feel like you're not renting and bring in some distinct pattern, especially in those transitional spaces like hallways, stairways and bathrooms."



"Black and navy are going to be huge," says the designer, who painted her new living room black, as seen in HGTV Magazine's October 2014 issue.

WILLOW MANOR

New Duplex Condominiums Located in Beautiful Bloomfield, NJ. \$199,900

- Stop Paying Rent! Call to find out about the many finance options available. In many cases your monthly payment can be up to 30% less than renting.
- 2 bedroom duplex with 1 & 1/2 bathrooms.
- Just a 3 minute walk from your front door to the Watsessing Train Station. Offering a 25 minute commute direct to Penn Station Madison Square Garden.
- Price: \$199,900 with deeded parking
- \$57,000 minimum household income
- Minimum credit score 620



Commuter's Dream

www.willowmanorbloomfieldnj.com
Call: 973-345-0800 ext. 133



Ridgewood Rising

Handsome townhouses are attracting residents to Ridgewood. / GETTY IMAGES

Real estate.
Bushwick spillover
helps boost rents in
(gasp!) Queens.

Residential

Top developments



Ridgewood Theater
/ ALL IMAGES PROVIDED

The most notable project is the residential conversion of the **Ridgewood Theater**, a 1916 movie house that drew its final curtain in 2008. Owner Bushburg Properties is adding two floors to the three-story building and creating 50 rental apartments. The theater's exterior, landmarked in 2010, will remain.



176 Woodward Ave.

Perhaps one of the most telling signs Ridgewood is catering to its new demographic: a mixed-use building at 176 Woodward Ave., where 3,000 square feet in an 88-unit building will be set aside for artists and groups to rent for \$10 per year.

Once upon a time, the neighborhood of Ridgewood, Queens, was part of the borough of Brooklyn. Residents, however, were happy to put that history behind them. They yearned for their own identity, wanting to distance themselves from over-the-border areas like Bushwick, which was (not so long ago) a less-desirable location.

But now, the lines that separate these two neighborhoods have begun to blur. Cheaper rents available in rows of handsome Romanesque townhouses are luring the younger professionals and artists being priced out of trendy Brooklyn neighborhoods. Indeed, Ridgewood is mainly for renters, who take up 75 percent of the housing stock, Census figures show.

The neighborhood, once home to waves of immigrants — Germans up until the mid-20th century, Latinos and Poles more recently — is now a refuge for displaced hipsters. New coffeehouses, bars and restaurants are starting to follow, but Ridgewood's rich history (including three historic districts and more than 1,000 landmarked buildings) still sets it apart from its gentrified counterparts. **KERRY MURTHA**

Priciest



\$27M

20 W. 53rd St. #47

The most expensive property to come on the market this week is a condo at the Baccarat Hotel in Midtown. Marketed by Corcoran, this full-floor four bedroom home offers four and a half baths, floor to ceiling windows and 360-degree views of NYC. The residence features solid white oak floors, granite countertops, a master suite and convertible rooms to accommodate library and media rooms.

Least Expensive



\$260K

321 E. 43rd St. #607

The least expensive property to come on the market this week is a co-op in Turtle Bay, marketed by Space Marketing Shop. This 200 square-foot unit is located in a full service, pet-friendly building with a 24-hour doorman, laundry room, bicycle room and storage lockers available. The co-op board is flexible, allowing pied-a-terre, guarantors, and co-signers.

StreetEasy.com is a New York based Real Estate information portal that aggregates the most comprehensive set of sale and rental listings along with other useful info.



TheRealDeal.com is a daily blog and monthly magazine covering real estate in the New York metro area.



PARKCHESTER

SPACIOUS LIVING • AFFORDABLE RENT



ELEGANT NEW KITCHENS • GRANITE COUNTERTOPS
NEW APPLIANCES • STAINLESS STEEL FINISHES

1 & 2 BR RENTAL APARTMENTS START AT \$1185 PER MONTH

MACY'S, STARBUCKS, APPLEBEE'S, SUPERMARKETS, blink FITNESS
and MUCH MORE ALL ON-SITE • 24 HR ROVING SECURITY

30 MIN TO MIDTOWN • NO BROKER FEE • EARLY & FUTURE OCCUPANCY

Open House: Tues & Thurs 5:00-7:45pm and Sat 10:00am-1:45pm



917-634-5295

or apply online at www.parkchesternyc.com



New Year... New Legs!

ADVANCED
VARICOSE VEIN
TREATMENTS OF MANHATTAN

Are Your Legs Suffering From...

- ✓ Varicose Veins
- ✓ Leg Ulcers
- ✓ Spider Veins
- ✓ Pain
- ✓ Restlessness
- ✓ Heaviness
- ✓ Swelling
- ✓ Itching
- ✓ Fatigue
- ✓ Cramping
- ✓ Burning

Get help
from a doctor
who cares!



• **Personal Care + Treatment delivered directly by Ronald Lev, MD**

• **Certified by the American Board of Venous and Lymphatic Medicine**

• **Constantly ranked #1 Vein Doctor in NYC by our patients**

• **Most insurances accepted including Medicare**

The treatments literally changed my life. The pain and swelling I had in my legs for years is completely gone. Doctor Lev and his entire staff are very knowledgeable, professional and kind. If you're considering having treatments for your vein condition, do not delay, and look no further, you've found the right people to help you improve your life! I am incredibly happy that I put my faith in them, and you will be, too.

Your team is totally awesome and fantastic at what they do. I never feel nervous or uncomfortable. They actually make me feel like part of your medical family. You're a phenomenal doctor and have an equally incredible staff. God bless you all. And thank you for all the help in making my legs look and feel so much better.

M.B.

Z.K.

Evening
appointments
available

212.204.6501

Manhattan English • Телефон на русском

TreatmentsOfManhattan.com

111 John St., Ste 1450 (bet 9th & 10th Sts.)
New York, NY 10038

DRLEV@TREATMENTSOFMANHATTAN.COM



Michael J. Fox brandishes a hoverboard, which does not, alas, yet exist. / ALL PHOTOS PROVIDED

Actual 2015 vs. 'Back to the Future II' 2015

We've finally hit 2015. So how does the technology predicted in the 1989 film measure up to today's reality?

NED EHRBAR

Hoverboards

It looked like we almost had this last year, but it turned out to be a Funny or Die hoax that Tony Hawk was in on. He's back again saying he's tried one, but we're finding it hard to trust again. Besides, if Segways never took off, what hope do hoverboards have?

Food hydrators

Still not sure how this technology was supposed to rejuvenate and enlarge a hockey puck-sized pizza, but that's beside the point. The film also predicted Black & Decker would be the reigning kitchen gadget company of the future. Boy, were they wrong.

Nike Air Mags

Nike actually released a replica version of these totally boss high-tops in 2011, but they weren't actually self-lacing, so really, what's the point? We're still bending down to tie our shoes like our parents and grandparents.



Flying cars

This might be the biggest gripe people have

today about technology. Way to continue that wave of disappointment, "Back to the Future II."

Dig that flying car behind Fox? Yep, they don't exist either.



Thankfully double neckties never caught on, so there's that.

Double neckties

Despite all our other fashion missteps, these never became a thing. The less said about this idea, the better.

Giant in-wall video conferencing

The characters have giant flat-screen TVs that basically use Skype. They even predicted the industry-wide aspect ratio change to widescreen.

Flying automated news cameras

This one's not that far off, actually, given the rise of consumer-level remote-control drones and GoPro cameras. So good work, movie.

Questions to make better resolutions

New year. There's no one-size-fits-all goal, so make one that's meaningful.

Though every day is a chance to do something different, the beginning of a new year can give us the necessary momentum to make major changes.

But if you want to succeed, it's not enough to pick an arbitrary goal, however well-intentioned it may be. And with all the other stresses hanging around from the holidays — conflict with family members, overspending on gifts or not being able to go home to celebrate — you may not even be in the right mindset to take on the additional work of creating new routines.

"With the hustle and bustle of the holiday season, many of us can feel overwhelmed and stretched to the limit," says marriage and family therapist Terry Barnett-Martin. Her recent

book, "Tending Fences," tackles the importance of boundaries to healthy relationships, and she says the idea of having an entire year to make a change can be a tempting reason to set a goal. But by picking one that is not achievable, or not relevant to what really needs to change in your life, you could be sabotaging your self-esteem

and your chance to make a meaningful difference.

"Reaching for your purpose is a bit more of an ambiguous road, but so worth the effort," she says.

To make a purposeful resolution, Barnett-Martin suggests asking yourself these four questions to assess what you've learned about yourself in the past year,

and visualize where you want to be at the end of the coming one.

1 What was my proudest accomplishment last year?

This doesn't have to be a victory at work or a new personal best on the track — think about a relationship you strengthened or a challenge that you overcame, even something new you tried and learned something from. Whatever the answer, it should serve as an insight into what matters most to you.

2 What worked well that I'd like to build on?

Or, conversely, what didn't work and how would you change it? "Life is really a long series of experiments in which what works and what doesn't work is all good information," says Barnett-Martin. If you tried something new — a diet, a skill, a job, a relationship — and it didn't work, don't think of it as a failure, but as an experiment that can guide your next step.

No. 4

Where, when and doing what did I feel the best?

"There is nothing more gratifying than feeling

like you are in the right place, at the right time, doing the right thing," Barnett-Martin notes.

"Conversely, when the same gifts are utilized

in a situation where they are not valued, they can fall flat." If your efforts have not been appreciated, don't think of your skills as inadequate or unnecessary. Context has everything to do

with letting you shine. Maybe you need to find another way to contribute, or a new place where your efforts are noticed.



Recipe. This salad will get you out of your holiday food funk

After ringing in the new year with all its requisite pomp and circumstance, it's time to start being good. Maybe you spent last weekend stocking your fridge with farmers market produce and giving your new juicer pride of place on your kitchen counter. Or maybe you just resolved to focus on eating better generally to offset the occasional stray from the virtuous kale-lined path. Whatever method you've chosen, lunch tomorrow is going to be delicious with this recipe from organic juice bar and restaurant Feel Food. It's hearty, full of vitamins and minerals, and makes for a perfect midday boost. **EK**

Ingredients

- 4 large handfuls of kale, preferably organic
- 1 green apple
- ½ oz. tamari
- 6 oz. raw cashews
- 3 oz. apple cider vinegar
- 1 large fresh lemon
- 2 oz. alkaline water
- 4 grams fresh ginger
- 2 garlic cloves
- 1 cup grapeseed oil



PROVIDED

Kale and Apple Salad

Dressing: In a small pot, cook the garlic cloves in the cup of oil on low heat for 10 minutes. Make sure the oil is hot but does not bubble. Remove garlic cloves from the oil and drain. Blend the garlic with the tamari, cashews,

vinegar, juice of half the lemon, ginger and water into a smooth paste.

Salad: Stem and wash the kale, dry and cut. Mix/toss with dressing. Cut apple into thin slices and mix with juice of half a lemon. Top salad with apple slices and your favorite granola. Serves four.



When choosing a resolution, look back at the past year, then visualize where you want to be. / MOODBOARD RF

3 What do I want to contribute to?

Look at each area of your life — job, home, social circles, volunteer work, etc. — and see yourself as the person you want to be in each role. Answering this question for each of them "will give you your own personal roadmap

for the new year," says Barnett-Martin. Maybe you want to be less angry, launch a new project or unclutter your life — the way to start is by having a clear first step and end goal.

EVA KIS
@thisiskis
eva.kis@metro.us

Loose Dentures?

Missing Teeth
Chew Better! Get
Implants

Free Implant
Consultation



www.newcenturysmile.com
(View Our Implant Video)

- Tighten Existing Dentures
- Replace Dentures with Fixed Teeth
- Regrow Bone
- Eliminate Gum Disease
- Over 25yrs Experience

All Dental Services Available
Most Insurances Accepted
FINANCING AVAILABLE

(212) 752-2212

New Century Smile

George Manthas, DDS
Howard B. Marshall, DDS
250 E. 58th St, NYC NY 10022



Horoscope

♑ Capricorn | Dec. 22-Jan. 20. Don't upset friends or family by neglecting to nurture important relationships. Take time out of your busy schedule to listen.

♒ Aquarius | Jan. 21-Feb. 18. A professional partnership will bring financial rewards. If you spend time with people who share your interests, it will spark your imagination.

♓ Pisces | Feb. 19-March 20. Keep your eyes and ears alert for new opportunities. Being well informed will give you an advantage against competition.

♈ Aries | March 21-April 20. You will gain experience if you try something different. Social activities will result in an opportunity. Consider home improvements.

♉ Taurus | April 21-May 21. Rethink your strategy and search for important facts. False information will lead to mishaps. Keep your emotions under control.

♊ Gemini | May 22-June 20. Your fiery nature will help to set the stage for fun and excitement. Time spent with someone you love will bring you closer together. Enjoy interacting with others.

♋ Cancer | June 21-July 22. Self-discipline is required in order to succeed. Help will be given if you ask for it. A colleague will be interested in one of your ideas.

♌ Leo | July 23-Aug. 22. A partnership will turn out better than you anticipated. Your compassion and insight will help someone who faces trouble.

♍ Virgo | Aug. 23-Sept. 22. Business negotiations will not turn in your favor if you divulge secret information. Ensure that parity is paramount, or you will end up doing most of the work.

♎ Libra | Sept. 23-Oct. 22. Minor changes will make you more marketable. Your unique outlook will impress all the right people, leading to an appealing offer.

♏ Scorpio | Oct. 23-Nov. 21. You will have problems convincing others to join your quest. Collaborate with people who understand your motives.

♐ Sagittarius | Nov. 22-Dec. 21. Temptation will be your downfall. Overspending will cause additional stress. It is your personality and wit that will make the best impression. **EUGENIA LAST**

Letters to the editor

Republican views aren't simple enough to put in four words

Re: 'Republicans contradict themselves' (Metro, Jan. 6) Kalan Silver claims that Republicans tell him "we must blindly trust big government" and "unions make for bad workers." This is really Kalan Silver saying this is what Republicans say. A Republican straw man was created to argue with yesterday. As a Republican for many years, I've heard them say many dumb things but blindly trusting big government is something even a Democrat would not say, so cut the crap. I'd like to answer that "sincere" question (sorry if its not as simple as you pretend it is): The Constitution of the United States empowers the government to provide for the national defense, so yes, Republicans do trust the government to keep us safe and follow

the Constitution. There is no monopoly because the government operates via the taxpayers. Big business operates via profit. The GOP advocates for businesses deciding whether or not they want unions, not the government. Union leaders use members' dues to fill Democrat candidates campaign funds so yes, Republicans generally do not support unions but not because of the members, as you pretend. And law enforcement unions are government unions so advocating for a stop to union leaders bargaining with elected officials they supported for taxpayer money is the issue, not whether or not the police are considered "big government." No, it is not simply about "blinding trusting big government." Leave it to a Democrat to oversimplify complex issues into a four word slogan.

KEVIN METZ, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Sudoku: Easy and hard

9	1			2	5			8
						6		9
	7	5			6			
6					3	2		
8	9						6	4
		7	4					3
			2				4	9
7		4						
2			5	8			7	1

		3			2			5
			8	6			4	
					9	2	1	7
				2	3		5	9
2								1
6	5		9	1				
4	8	1	7					
	7			8	4			
3			2			4		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword

Across

- 1 Tree topper
- 6 Kind of tissue
- 10 Minute opening
- 14 Denmark's — Islands
- 15 Southern loaf
- 16 Crop hazard
- 17 Mimicry
- 18 Like the Kalahari
- 19 Switch positions
- 20 Flimsy
- 22 Is, in Avila
- 23 Smelters' need
- 24 Pisces mo.
- 26 Upholds
- 30 Softly illuminated
- 34 Vine product
- 35 Humerus neighbor
- 36 Cable network
- 37 Felipe or Moises
- 38 "Platoon" actor
- 40 El —, Texas
- 41 Collection of fauna
- 42 Singer — Guthrie
- 43 Art class item
- 44 Motorcycle races
- 46 Goat food, in cartoons (2 wds.)
- 48 Nurse a drink
- 49 Kind of film
- 50 Sector
- 53 Tendency
- 59 Just scraped by

- 60 Charged particles
- 61 Skilled force
- 62 Minibland part
- 63 NASA decision (hyph.)
- 64 Ms. Burstyn of film
- 65 Poi source
- 66 FBI agent (hyph.)
- 67 Tries to locate

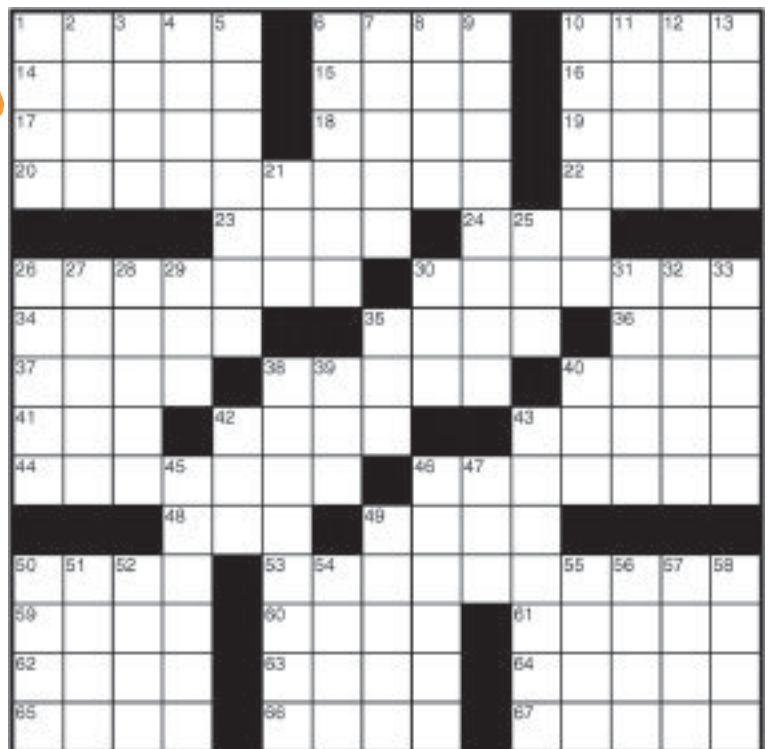
Down

- 1 In the distance
- 2 Wine valley
- 3 Dismal
- 4 Vast ages
- 5 Chicken breed
- 6 Gaps
- 7 Fishing floats
- 8 Dye-yielding plant
- 9 Give new meaning to
- 10 Moon, in poetry
- 11 Clumsy ones
- 12 Fissure
- 13 Lohengrin's bride
- 14 Sofa end
- 25 Period of time
- 26 Stun
- 27 One in a pen
- 28 Gully washer
- 29 Cash substitute
- 30 Andy Capp's wife
- 31 Dalai Lama's city
- 32 Dramatist Henrik —
- 33 Handyman's supply

- 35 Mystery craft
- 38 Losing hold
- 39 Unser and Gore
- 40 "— Man Fever"
- 42 Onassis nickname
- 43 Leads on
- 45 Did, once (2 wds.)
- 46 Arizona city
- 47 Down with the flu
- 49 Chain dance
- 50 Hearty enjoyment
- 51 Tulsa's st.
- 52 Kind of miss
- 54 Leeway
- 55 Roman farewell
- 56 Like some fears
- 57 Safari
- 58 Urges



Yesterday's answer



KNICKS FINALLY LOOK LIKE THE SMART GUYS

Phil Jackson may turn out to be a lousy executive. But make no mistake, the move he made this week — sending Iman Shumpert and J.R. Smith to the Cavaliers as part of a three-team blockbuster in exchange for what amounts to ... well, absolutely nothing of physical value — won't be considered one of his "bad" transactions when all is said and done.

On Monday morning, the 2014-15 Knicks were arguably the team with the least amount of assets and "flexibility" in the NBA. (Hell, the 76ers at least have two or three young, promising players.) But by Monday night, New York mercifully had some wiggle room.

The Knicks, of course, have a star scorer in Carmelo Anthony, but his injuries this season coupled with a weak supporting cast in no way were going to allow the Knicks to sniff the postseason this season, let alone compete for an NBA title — which I need not remind you is the overarching goal here.

Jackson is obviously stating with this move that 2014-15 is a lost season. We knew that weeks ago as the name "Jahlil Okafor" has been sitting comfortably adjacent

Opinion

MATT BURKE

MATTHEW.BURKE
@METRO.US



to the Knicks logo on NBADraft.net for some time. But, in the grand scheme, what does this salary dump mean?

What Jackson's ultimate plan may be is one in which he attempts to replicate what the 1996-97 San Antonio Spurs and what the 2006-07 Boston Celtics did before winning championships — shelve an injured star, tank for a high draft pick, keep your financial options open, and pray for the best.

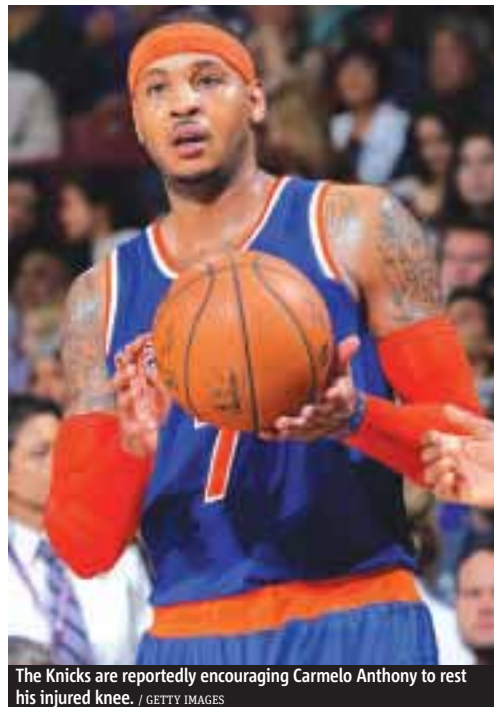
David Robinson played just six games for the Spurs in the 1996-97 season. Two years later, they won the title. Paul Pierce played just 47 games for the 2006-07 Celtics. A year later, they won the title.

The Spurs got lucky in the lottery by landing Tim Duncan and quickly built around their big men. The Celtics flipped their bad lottery luck into Kevin Garnett and Ray Allen, and placed them next to Pierce.

What both of those franchises had, in addition to an injured incumbent star, was flexibility and options.

Anthony, at age 30, is at the same age and stage that Robinson and Pierce were at in their respective careers when the Spurs and Celtics decided to briefly blow it up in an attempt to get better.

In hindsight, it's easy to say that Robinson and Pierce are "winners." But at the crossroads in their careers, things were far from pretty for the two franchise cornerstones. And even Anthony's biggest critics would concede that he belongs in the same conversation as Robinson and Pierce when it comes to pure ability. None of these players are in the discus-



The Knicks are reportedly encouraging Carmelo Anthony to rest his injured knee. / GETTY IMAGES

sion for "greatest of all time," but all are Hall of Fame talents. And all of them needed (or need) help to win big.

Despite the titles won by the 2004 Detroit Pistons and the San Antonio Spurs this past year, the NBA remains — by and large — a league in which stars succeed. If you have a star, you're one step

ahead of the game. The Knicks needed more flexibility in order to build around Carmelo. This move Monday was the first step. A bold, smart step by Jackson.

See ya next year



MIKE PIAZZA
GETTY IMAGES

Players who fell short of the required 75 percent:

- Mike Piazza, 69.9%
- Jeff Bagwell, 55.7%
- Tim Lincecum, 55%
- Curt Schilling, 39.2%
- Roger Clemens, 37.5%
- Barry Bonds, 36.8%

MLB. Johnson, Martinez, Biggio and Smoltz get hardball Hall call

The typically craggy members of the Baseball Writers' Association of America were relatively liberal with their votes this year, tabbing four players into the Class of 2015.

Randy Johnson, Pedro Martinez, Craig Biggio and John Smoltz will be inducted into Cooperstown on July 26. This is the first year since 1955 that four players have earned induction in the same year.

Johnson, who pitched for the Yankees in 2005 and 2006, earned 97.3 percent of the BBWA's



Randy Johnson spent two years in New York. / GETTY IMAGES

vote, the eighth-highest mark in the history of the voting. "The Big Unit" won five Cy Young Awards, recorded 303 wins and 4,875 strikeouts in his 22-year career.

Former Mets star Mike Piazza, regarded by many as the greatest hitting catcher of all time, fell 28 votes short of making the Hall this year but is a good bet to make it in 2016. According to SportsBettingDime.com, Piazza has odds of 3-4 of getting the needed 75 percent of the vote next year. **METRO**

3

SPORTS



Governor Cowboy

Jones wants Christie at Lambeau

The Cowboys are undefeated in games attended by New Jersey Gov. Chris Christie — a trend that started in Week 16 in Philly. "He's part of our mojo," Cowboys owner Jerry Jones told a Dallas radio station Tuesday. "I want him there all the way."

LOOSE DENTURES?

Smile with Confidence



NEW YEAR'S SPECIAL Exp: 2/15/15
OVERDENTURES
with implants

\$3,600* per lower
\$4,500* per upper

Customary fee \$7,600+ per arch

*Additional charges may occur for more complex cases. Ad must be presented for discount.

Miracle on 35th Street! Est 1977

Emergencies Welcome Senior Cit. Discounts
DENTURE REPAIRS AND RELINES WHILE-U-WAIT!

FREE CONSULTATION

CALL NOW
212-689-0024

HERALD SQUARE DENTAL
& THE DENTURE CENTER
EST. 1977

224 West 35th St., New York, NY
16th Floor (between 7th and 8th Avenues)
www.heraldsquaredental.com

LEGAL SERVICES

To advertise call
Thomas Franke at
212-457-7751 or email
thomas.franke@metro.us

DIVORCE \$179

1-800-414-0333
TheDivorceCenter.com
Spouse's Signature Not Needed
Don't Be Fooled By Imposters
Plus Court Fee - Without Children - With This Ad
EXPIRES 1/31/2015

FIRE?

212-286-1425
OWED OVERTIME?

LAW OFFICE OF WILLIAM C. RAND
488 Madison Ave., Suite 1100, New York, N.Y. 10022

WALL STREET MATRIMONIAL

Separation & Divorce • Custody & Support
Mediation through Trial
Moderate Fees Minimized
35 Years Experience
100 Wall Street, New York, NY
212-363-8400

MEDICAL RESEARCH

To advertise call Andrea Paz at 212-457-7831
or email andrea.paz@metro.us

BACK PAIN ACUPUNCTURE

overweight stress anxiety back neck joint pain fatigue pinched
nerve poor circulation sciatica migraine foot pain hair loss acne
massage physical therapy chiropractic

Accept 1199 aetna cigna oxford unitedhealthcare bluecross
blueshield metropolus affinity healthplus medicare and more
www.MedicalHolistics.com

115W 30 St. #500B(6Ave) 212-764-3924
723 7 Ave #703 (48 St) 212-470-0360
Jamaica Queens 718-687-2474

IMPORTANT INFORMATION:

All classified advertising is subject to the terms and
conditions of the applicable Metro Classified rate
card and to approval and acceptance at Metro U.S.
option. Metro US reserves the right to edit, reject,
cancel or reclassify an ad, and reserves the right
to convert any classified advertising to alternative
formats for use and publication in other Metro U.S.
publications. It is the advertiser's sole responsibility
to check each ad the first day it is published. Metro
U.S. assumes no responsibility for any reason, for
any error or omission in any ad.

ENTERTAINMENT

NEW YORK's HOTTEST CHAT

100's of Sexy
Singles
On Line Now
646-507-5155
GAY & BI CHAT
646-507-5151
LD RATES APPLY

WANNA HAVE FUN?
Call 212-CHAT NOW
(212-6666)
TRY IT FREE!
800-HOT-101 415-GAY-CHAT
(415-6453) (415-2423)
LD Rates Apply 18+

HOT LOCAL CHAT

100's of Sexy
Singles
On Line Now
800-838-2561
REAL HORNY GIRLS
LIVE 1 ON 1
800-963-4536

REAL ESTATE

Rentals

\$1275-Yonkers: 1 lrg Bed/aprt,
pvt home, 15-20 min NYC,
trans/shopping/park nrbv.
Includes heat. 914.207.5811

Rooms for Rent

100's Available, All Boroughs



Private Entry Bath Cooking
1 Person/2 Person \$125wk/up room rentals
Studios \$900/up
212-697-3598

Affordable Furnished Rooms
in Manhattan



Utilities Included
Same Day Move In
Cable, TV, Internet
No Credit Check
\$125 per week • Call 212-862-0030

PSYCHICS

**ASTROLOGER & SPIRITUAL
ADVISOR FROM INDIA
SRI RAGHAV**



EVERY PROBLEM HAS A
SOLUTION. MEET ME ONCE.
FREE READING ON MONDAY.
Expert in Removing Spell
Black Magic, Evil Spirits,
Jaadoo, Voodoo, Obeah, Curse
Evil Eye Power, Sickness
Love, Family Problems etc.
EXPERT IN BRINGING LOVED
ONES BACK. QUICK RESULTS.
347-701-1975
107-30, 121 Street (107 Ave.)
Richmond Hill, NY 11418 (Private House)

COGNITIVE TRAINING FOR DEPRESSION

Are you depressed? Feeling sad or down?
Lost interest or pleasure in things you used to enjoy?
Having trouble sleeping or concentrating?

If so, and you're between the ages of 18 and 65, you may
qualify for a research study at Mount Sinai investigating
new computerized cognitive training programs to modify
patterns of thinking and memory in people with depression
symptoms. Participation includes:

- 6 weeks of cognitive training
- 3 sessions of neuropsychological testing
- Compensation provided

Contact
Katie at 212-241-3089 or
email kathryn.huryk@mssm.edu.

Psychics

ASTROLOGER & SPIRITUALIST

SHIVANANDA
718-772-2192
SPECIALIZES IN BRINGING LOVED ONES BACK
EXPERT IN REMOVAL OF
BLACK MAGIC
EVIL, SPIRIT, OBEAH
VOODOO, BAD LUCK, CURSE
& GIVES UNBREAKABLE
PROTECTIONS
SOLVES PROBLEMS: HEALTH
MONEY, JOB, LOVE, FAMILY etc.
QUICK RESULTS
FREE READINGS ON
SATURDAYS & MONDAYS

Psychics

HOLY SPIRITUAL HEALER
GURU RAM MAHADEV
(MASTER OF PSYCHICS & PSYCHICS)
(SPECIALIST IN 20+ DIFFICULTIES)

BRINGS BACK LOVED ONES
EXPERT IN BRINGING BACK BLACK MAGIC
(OBEAH, VODOO, BAD LUCK & LIES)
& GIVES LIFETIME PROTECTION
WORKING PROBLEM IN LOVE, FAMILY
HEALTH, WEALTH, CAREER, JOB & ETC.
BRING BACK LOVED ONES & BRINGING BACK PROBLEMS
FROM COMPLEX FROM THE FUTURE & PAST
917-891-5147
106-14 LIBERTY AVE., BECKON PARK, NY 11413

KEKUTA AFRICAN PSYCHIC

He will advise on Love,
Marriage, Bring back loved
ones fast, Success in
Business, Jobs, Remove Bad
Luck, Depression, Black
Magic, Enemies, Impotency,
Protection, Evil Influence...
Immediate Results, You can
see me for any problems.
Tel 646.577.7595

Mr. SAIDOU International Spiritualist Medium & Psychic

Over 40 yrs exp. Bring back
loved ones in the Quickest
Way, Stop Infidelity, Business
Success, Exams & Career,
Black Magic Specialist, Clear
Negativity, Bad Luck,
Protection, Sexual Problems
etc. Results in 7 Days
Guaranteed. Call 516-206-8543
and 646-339-9948

AFRICAN ADVISOR & SPIRITUALIST

MR. SHEIKH SALEEM,
6TH GENERATION OF
AFRICAN MEDIUM,
CAN HELP YOU OUT
OF DESPAIR. SOLVES ALL ISSUES.
Love specialist, Runite lovers
over hopeless cases, Business success,
Release from spell, Clear Negativity,
Strong Voodoo, Black Magic,
Court issues, Family problems, Drugs,
Careers, Exams, Gambling, Luck,
Protection, Impotency/Infertility & more.
917-254-6647
116TH/7TH AVE
WWW.AFRICANMEDIUM.COM

PROFESSOR SHEIKH IBRAHIM SPIRITUAL HEALER AND CLAIRVOYANT

SPECIALIZE IN
RELATIONSHIP,
MARRIAGE & LOVE,
BREAK BLACK MAGIC,
BAD LUCK, BUSINESS,
JOB, EXAMS, DIVORCE,
COURT CASES,
IMMIGRATION, ETC
SEEK HELP FROM
MR. IBRAHIM
Results between 3/7 days!
www.psychicoumar.com
CALL NOW
212.316.0567 OR 646.239.4298

Psychics

MISTER MADIBA
**BIRTH GIFTED AFRICAN
SPIRITUAL HEALER AND
ADVISOR** Can help you fix in
a quick way all problems:
Black Magic & Voodoo,
Love & Relationship, Business
transactions, Exams & Court
Cases. Can reunite loved ones,
split unwanted relationship.
No disappointment, Quick
Results. Don't hesitate.
Call Now **914.426.3842**

INDIAN PSYCHIC & SPIRITUAL ADVISOR

MR. VENKATESH
**SUNDAY
FREE
READING**

SOLUTIONS & ADVISES

- *Marriage
- *Spiritual
- *Sexual
- *Loved ones
- *Business
- *Husband-wife
- *Money
- *Family
- *Love
- *Enemy
- *Jealousy
- *Job

100% Removal of Black Magic, Bad Luck
Evil Spirits & Gives Holy Spirit Protection

BRINGS LOVED ONES BACK
347-873-7532

Mr. Khalifa International
African Spiritual Healer &
Clairvoyant with 39 yrs
exp. Helping ppl across the
world. Solves problems: Bad
influence, Blackage, Disease,
Sexual problems, Bad
Luck, Business success,
Black Magic, Exams, Court,
Marriage & Relationship.
Call Mr. Khalifa, Results
Within 7 nights.
646.339.2385 or 646.630.8303

SERVICES

REDUCE YOUR

CABLE BILL!
Get an All-Digital Satellite
System installed for FREE
and programming starting at
\$19.99/mo. FREE HD/DVR
upgrade for new callers,
SO CALL NOW
877-356-0526

JOBS

General Help Wanted

TELMKTRS F/T EXP ONLY!
MADE YOU LOOK!!!

Now All You Have To Do is
Call. Salary + Comm. +
Bonus = \$8-\$12/Hr.
David (212) 563-7500

**Looking for a Fresh
Start for the New Year?**
We have Immediate
Openings
Full Time Hours
No Experience Needed
Entry Level Openings
Competitive
Compensation
Plus Weekly Bonus
Opportunities
Call Today 718-210-3639

Main Lobby Security
No exp nec No felonies
Great Oppty 18yrs+ Up To
\$16hr Call 347-829-1199

Corporate Security Oppty
Must have clean record Must
Be 18+ Up To \$15hr No Exp
Necessary Call 347-867-0311

ITEMS WANTED

**CASH FOR DIABETES
TEST STRIPS -**
Up to \$35/box! Payment
Made SAME-DAY We
Receive Your Strips!
Call Jenni for a Quote
Today! 800-413-3479
www.CashForYourTestStrips.com.

CAREER TRAINING

**HHA/CNA Training
NYSED**
Slow learner? Long time
out of school? Placement
Assistance. Job
Placement Assistance
\$14.00/per hr
Call #718.349.8003

Services

FREE PERSONALITY TEST

Test the 10 key traits that determine your future
success and happiness, and find out
how to improve them.
(212) 921-1210 **Church of Scientology of
New York** 227 W 46th St.

CAREER TRAINING

Enrollment Open For Spring Term

Classes Begin Soon!

- **Court Reporting** (Realtime Writing)
- **Closed Captioning**
- **Paralegal**
- **Health Mgmt Associate**
- **Medical Billing and Coding**

OPEN HOUSE

 Saturday,
January 10th, 11am

NYCI
established 1941

**NEW YORK
CAREER
INSTITUTE**

- Day, Evening & Sat. Classes
- Degree & Certificate Programs
- Transfer Credits Accepted
- VA Approved

The College of Legal & Medical Professions.

 For Disclosure Information, view Program Details @ nyci.edu

 Call **212-962-0002** | www.nyci.edu
11 Park Place, NYC

Located near City Hall and convenient to reach by:

1 2 3 4 5 6 A C E J Z R
**CNA TRAINING \$535
Home Health Aide
Training \$340**

 Immediate Job
Placement Assistance
Fordham Institute in
Queens 718-480-1804

**metro
CLASSIFIEDS**

 To place an ad call
866-900-9473

 or visit us at
www.metro.us
**DEADLINE: 2 BUSINESS
DAYS PRIOR TO
PUBLICATION AT 4 PM.**

Career Training

LEGAL NOTICES

Notice of Qualification of
Insight Pharmaceutical
Solutions, LLC. Application for
Auth. filed with the Secy. of
State of New York (SSNY) on
11/19/2014. Office location: NY
County. LLC formed in
Pennsylvania (PA) on 9/12/2013.
SSNY designated as agent of
LLC upon whom process against
it may be served. SSNY shall
mail process to LLC c/o Incorp
Services, Inc., One Commerce
Plaza, 99 Washington Ave. Suite
805-A, Albany, NY 12210-2822.
Albany County. Arts. of Org filed
with PA Secy. of State, 401
North St., RM 406, Harrisburg,
PA 17120. Purpose: any lawful
activity.

**NOTICE IS HEREBY GIVEN
PURSUANT TO LAW**, that the
NYC Department of Consumer
Affairs will hold a
Public Hearing on Wednesday,
January 14, 2015 at
2:00 p.m. at 66 John Street, 11th
floor, on a petition for
A & Z Restaurant Corp. to
continue to maintain, and
Operate an unenclosed sidewalk
café 65 Second Ave.
in the Borough of Manhattan for
a term of four years.

REQUESTS FOR COPIES OF THE
PROPOSED REVOCABLE CONSENT
AGREEMENT MAY BE ADDRESSED TO:
DEPARTMENT OF CONSUMER AFFAIRS,
ATTN: FOIL OFFICER, 42 BROADWAY, NEW
YORK, NY 10004.

**NOTICE IS HEREBY GIVEN
PURSUANT TO LAW**, that the
NYC Department of Consumer
Affairs will hold a
Public Hearing on Wednesday,
January 14, 2015 at
2:00 p.m. at 66 John Street, 11th
floor, on a petition for
Paul's Corner Inc. to continue to
maintain, and operate
a small unenclosed sidewalk
café 801 Lexington Ave.
in the Borough of Manhattan for
a term of four years.

REQUESTS FOR COPIES OF THE
PROPOSED REVOCABLE CONSENT
AGREEMENT MAY BE ADDRESSED TO:
DEPARTMENT OF CONSUMER AFFAIRS,
ATTN: FOIL OFFICER, 42 BROADWAY,
NEW YORK, NY 10004.

**Notice of Qualification of 700
Pharmacy LLC.** Application for
Auth. filed with the Secy. of
State of New York (SSNY) on
10/16/2014. Office location: NY
County. LLC formed in
Pennsylvania (PA) on
11/09/2012. SSNY designated
as agent of LLC upon whom
process against it may be
served. SSNY shall mail process
to: 700 Pharmacy LLC, 700 East
Townshipline Rd, LL1,
Havertown, PA 19083. Arts. of
Org. filed with PA Secy. of State,
401 North Street, Harrisburg, PA
17120. Purpose: any lawful
activity.

**Ultrasound
Med Assistant (RMA)
Pharmacy Tech (PTCB)
Dialysis Technician**

Nursing Assistant (CNA).....	\$699
EKG & Phlebotomy Combo.....	\$699
Patient Care Technician (CPT).....	\$699
Medical Billing (CBCS).....	\$699
Med Off Administration (CMAA).....	\$999
Pharmacy Technician (PTCB).....	\$999
CPR (By American Heart Association Valid 2yrs) ..	\$80

**Financial Aid
Available If
You Qualify**
ACCREDITED INSTITUTE
NEW YORK MEDICAL CAREER TRAINING CENTER

 500 8th Ave. NY • **212-947-4444** • Close to Penn Station & Port Auth
36-09 Flushing Main St. • **718-460-4340** • Corner of Main Street & Northern Blvd
www.nymedtraining.com

HIGH SCHOOL DIPLOMA

 If you're 18 or older you can complete
your high school education at home
right now in as few as 2 months

212-967-7010

 469 7th Ave, 7th Floor
(Btwn 35th & 36th Street)

Liberty H.S. Brattleboro, Vt.

**NOTICE IS HEREBY GIVEN,
PURSUANT TO LAW**, that the NYC
Department of Consumer Affairs
will hold a Public Hearing on Wednesday,
January 14, 2015 at 2:00 p.m. at 66
John Street, 11th floor, on a petition for
Stratos Bakery Corp. d/b/a Bocado
Bakery Café to establish, to maintain
and operate an enclosed sidewalk
café at 1297 Lexington Avenue in the
Borough of Manhattan for a term of
four years. REQUESTS FOR
COPIES OF THE PROPOSED
REVOCABLE CONSENT
AGREEMENT MAY BE
ADDRESSED TO: DEPARTMENT
OF CONSUMER AFFAIRS, ATTN:
FOIL OFFICER, 42 BROADWAY,
NEW YORK, NY 10004.

**NOTICE IS HEREBY GIVEN
PURSUANT TO LAW**, that the
NYC Department of Consumer
Affairs will hold a Public Hearing
on Wednesday, June 28, 2015
at 2:00 p.m. at 66 John Street,
11th floor, on a petition for
Victory Sweet Shop, Ltd. to
maintain, and operate an
unenclosed sidewalk café at
2169 Steinway Street in the
Borough of Queens for a term of
two years.

REQUESTS FOR COPIES OF THE
PROPOSED REVOCABLE CONSENT
AGREEMENT MAY BE ADDRESSED TO:
DEPARTMENT OF CONSUMER AFFAIRS,
ATTN: FOIL OFFICER, 42 BROADWAY,
NEW YORK, NY 10004.

Mandl School
The College of Allied Health

**Earn your
Associates Degree
not just a certificate.**
**Medical Assistant
Surgical Technologist
Respiratory Therapist
Health & Human Services
Alcohol & Substance Abuse Counselor
Healthcare Administration
Medical Coders & Billers
Dental Assistant (certificate)**

CALL TODAY!

 Financial Aid available*
Day/Eve/Weekend Courses
Transfer Credits Accepted
Convenient Midtown location

VITAL CAREERS START HERE.
855-626-3504

 254 West 54th St. www.mandl.edu

 For disclosure Information visit:
<http://mandl.edu/gainful-employment/>

*Financial Aid available if qualified.

Earn college credits

My child is going to college at

Their tomorrow depends on your words today.

 Help complete your child's future by encouraging them to get
a college degree. Call the Hispanic Scholarship Fund today at
1-877-HSF-INFO or visit YourWordsToday.org to learn more.

metro CLASSIFIEDS

 To place an ad call 866-900-9473
or visit us at www.metro.us

SEMI-ANNUAL CLEARANCE & SALE

50% TO 90% OFF

NEW PRICE REDUCTIONS ON
**WHAT YOU WANT
RIGHT NOW!**

**FREE SHIPPING EVERY DAY + EXTRA 15% OR 10% OFF +
FREE RETURNS AT MACYS.COM! FREE SHIPPING WITH \$99 PURCHASE!**
Use promo code: **SALE** for extra savings; offer valid 1/7-1/11/2015.

Exclusions apply; see macys.com for details.

Free returns by mail or in-store. U.S. only. Exclusions apply;
details at macys.com/freereturns

WOW! PASS
EXTRA SAVINGS ON ALL SALE & CLEARANCE APPAREL
(EXCEPT SPECIALS & SUPER BUYS)
EXTRA 15% OFF
SELECT SALE & CLEARANCE APPAREL FOR HIM, HER & KIDS, PLUS FINE & FASHION JEWELRY
EXTRA 10% OFF ALL SALE & CLEARANCE WATCHES, COATS, SUITS, DRESSES, IMPULSE, INTIMATES,
SWIM FOR HER; SUIT SEPARATES & SPORTCOATS FOR HIM; SELECT SHOES & SELECT HOME ITEMS
Also excludes: Everyday Values (EDV), Doorbusters, Deals of the Day, furniture, mattresses, floor
coverings, rugs, electronics/electronics, cosmetics/fragrances, athletic apparel, shoes & accessories;
Dallas Cowboys merchandise, gift cards, jewelry trunk shows, New Era, Nike on Field, previous
purchases, special orders, selected licensed depts., special purchases, services. Exclusions may differ
at macys.com. Cannot be combined with any savings pass/coupon, extra discount or credit offer
except opening a new Macy's account. EXTRA SAVINGS % APPLIED TO REDUCED PRICES.
TEXT "CPN" TO 62297 TO GET COUPONS, SALES ALERTS & MORE!
Max 3 msgs/wk. Msg & data rates may apply. By texting CPN from my mobile number, I agree to receive
marketing text messages generated by an automated dialer from Macy's to this number. I understand
that consent is not required to make a purchase. Text STOP to 62297 to cancel. Text HELP to 62297 for
help. Terms & conditions at macys.com/mobilehelp Privacy policy at macys.com/privacypolicy



00001105100318240110
VALID 1/7-1/11/2015

★ macys

**50% TO
65% OFF**

CLEARANCE

Orig.* \$25-\$650,
now **12.50-227.50**.

Young men's sweaters,
knit tops, dress shirts,
ties, suits, sportshirts,
shoes & more; plus
men's sportswear &
designer collections.



75% OFF

CLEARANCE

Orig.* \$29-\$299,

now **7.25-74.75**.

Tops, pants & more.
Misses & petites.
Women's prices
slightly higher.



75% OFF

CLEARANCE

Orig.* \$12-\$119,

now **\$3-29.75**.

Impulse
contemporary
apparel & juniors'
tops, dresses,
pants & more.



**65% TO
80% OFF**

WHEN YOU TAKE AN

EXTRA 30% OFF

Orig.* \$10-79.50,

final cost **3.47-13.97**.

Kids' clearance tops,
sweaters, pants, dresses,
sets & more. Boys' 2-20;
girls' 2-16; infants' 0-24 mos.



NOW 9.99

CLEARANCE BRAS

Orig.* \$33-\$42

Also: clearance

panties.

Orig.* 7.50-\$12,

now **3.99**.



50%-75% OFF

WHEN YOU TAKE AN

EXTRA 25% OFF

Orig.* \$20-\$228,

final cost **4.50-111.15**.

Clearance handbags:
select satchels, totes,
wallets & more.



50%-75% OFF

CLEARANCE SHOES

Orig.* \$39-\$199,

now **9.75-99.50**.

Casual & dress
styles from our
clearance racks.



70% OFF CLEARANCE FINE JEWELRY

Orig.* \$300-\$8000, now **\$90-\$2400**.

Select diamonds, 14k gold, cultured pearls & more.

60%-90% OFF

WHEN YOU TAKE AN EXTRA 50% OFF

Orig.* 1.99-\$1000, final cost **.50-\$375**.

Home clearance: bed & bath, tabletop,
housewares, luggage & more.



the magic of
macys
★ macys.com



ORIG. PRICES ARE OFFERING PRICES, AND SAVINGS MAY NOT BE BASED ON ACTUAL SALES. SOME ORIG. PRICES NOT IN EFFECT DURING THE PAST 90 DAYS. EXTRA SAVINGS IN EFFECT 1/7-1/11/2015. *Intermediate price reductions may have been taken. Clearance items are available while supplies last. Jewelry photo may be enlarged or enhanced to show detail. Fine jewelry at select stores, log on to macys.com for locations. Almost all gemstones have been treated to enhance their beauty & require special care, log on to macys.com/gemstones or ask your sales professional. Extra savings are taken off already-reduced prices; "final cost" shows price after extra savings. Advertised items may not be at your local Macy's and selection may vary by store. Prices & merchandise may differ at macys.com. N4120026.

OPEN A MACY'S ACCOUNT FOR EXTRA 20% SAVINGS THE FIRST 2 DAYS, UP TO \$100, WITH MORE REWARDS TO COME. Macy's credit card is available subject to credit approval; new account savings valid the day your account is opened and the next day; excludes services, selected licensed departments, gift cards, restaurants, gourmet food & wine. The new account savings are limited to a total of \$100; application must qualify for immediate approval to receive extra savings; employees not eligible.